

The Care of Milk and Its Use in the Home

By Frances Carroll

ARTICLE NO. 4.

I HAVE learned more from this series of articles on milk than I ever hoped to know, Miss Carroll," writes a woman who signs her letter "Inexperienced."

The enthusiasm and interest of her communication are also characteristic of scores of others which have reached me by letter or by telephone, and it is safe to surmise that the methods of caring for and using milk in many homes will be revolutionized by the housewives who are reading the present series of articles on the subject.

What is the nutritive value of cow's milk?

That is, just how much nourishment does it contain for the child and for the grown man and woman.

Nutritive Value Of Cow's Milk.

These questions are answered in today's article, by Caroline L. Hunt, expert in nutrition, office of experiment stations, Department of Agriculture.

It is a commonplace saying that milk, or to be more specific, cow's milk, is a perfect food, says Miss Hunt. This may be taken to mean that it contains, first, materials which children need for growth; second, materials which young and old alike need for the repair of their bodily machinery; and, third, materials which both need for fuel, i. e., to pro-

vide them with heat and with the energy necessary for work. It should not be understood, however, that it is the best substitute for mother's milk, it must be "modified" more or less before it can be used even for infant feeding with good results.

Comparison of Food Values.

It is likewise a commonplace saying that milk is a cheap as well as a nutritious food. Just at present, with prices of all kinds of food rapidly changing, it is not so easy as it once was to make the comparisons that are necessary to show which particular foods are really cheap; but while the prices of food materials vary, the composition of most of them remains unchanged, and it is always possible to compare their nutritive values.

A quart of milk supplies practically as much of both protein and energy as three-quarters of a pound of beef of average composition or eight average eggs, and can generally be bought for less money.

In case milk is 5 cents a quart, beef 20 cents a pound, and eggs 24 cents a dozen, 10 cents spent for milk will buy a little more protein and much more energy than 10 cents spent for beef or 10 cents spent for eggs.

Thus, while other animal foods than

milk (meat, eggs, and cheese) are desirable to give variety to the diet, it may be assumed that milk may be used as an economical substitute for any one of them.

Milk Cheaper Than Meat.

Of the vegetable foods, many (flour, for example) are found to be much cheaper than milk when both price and nutritive value are taken into consideration, and as a matter of fact they always form the greater part of the bulk of human food; but of the animal foods which are usually combined with the vegetable foods, milk is one of the cheapest.

In spite of the fact that milk is recognized as a nutritious and a cheap food, there seems to be a general tendency to think of it not as a possible substitute for other more expensive foods, but rather as an addition to the bill of fare.

To illustrate, milk is frequently used as a beverage without the reduction of the amount of meat or other protein foods served.

From the point of view of the need of the body this may be considered extravagant, and the serving of a glass of milk or of a bowlful of soup or of such desserts as custards and baked milk, or the use of generous quantities of milk or white sauce on vegetables offers an opportunity to cut down the allowance of meat and eggs.

(To be continued.)

THE TIMES INQUIRY COLUMN

Answers to Questions Asked by Its Readers

To Soften Garments.

Faithful Reader—In order to soften garments which have been hardened by contact with lime and plaster, I should advise you to wash these garments in a tub of tepid water into which you have poured one-half pint, or little over, of gasoline. Also be sure to have the water heavy with soap suds. The gasoline and suds are used at a large laundry for the purpose of softening garments.

Must Refinish Table.

Mrs. H. C. Stone—I have talked with an expert about the white spots left on your oak table by water, and am told that there is nothing which can restore the color except having the table refinished, or having the white spots retouched. This can be done at any high-class furniture store without any great expense to you.

The black spots appearing on your mirror are caused by the fact that the varnish on the back of the mirror has penetrated the quicksilver. The only remedy for this is to have your mirror resilvered.

Studying Drawing.

"Illustrator"—There is no place in Washington where you could be employed to learn illustrating and poster drawing.

I suppose you know that these are taught at the Concord Art Gallery school, and also in the public schools of the city. Then, too, they are taught by all the private art teachers of the city, but I am not at liberty to give you their names and addresses.

Starching Black Goods.

Mrs. M.—Sherman avenue—In order to starch a black lawn frock without having the starch appear in streaks of white after the dress has been ironed, make your starch very thin. Then put in enough bluing to turn the starch black, and it will not show on the frock after ironing.

GOOD SUBSTITUTE FOR MUSHROOMS

The next time you cannot get mushrooms for frying with beefsteak cut small radishes into thin slices and fry them as the mushrooms.

Though they do not taste exactly the same as some enthusiasts declare, they are a good substitute, and give the meat a delicious flavor.

Small button radishes cooked in a sauce such as is used for lobster Newburg are served by some of the large hotels, and are also palatable.

WISHING

By Ella Wheeler Wilcox

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Do you wish the world were better? Let me tell you what to do—Set a watch upon your actions, Keep them always straight, and true, Bid your mind of selfish motives, Let your thoughts be clean and high.

You can make a little Eden Of the sphere you occupy.

Do you wish the world were wiser? Well, suppose you make a start By accumulating wisdom.

In the scrapbook of your heart, Do not waste one page on folly, Live to learn and learn to live; If you want to give men knowledge, You must get it, ere you give.

Do you wish the world were happier? As you pass along the way, For the pleasure of the many, May be oftentimes traced to one, As the hand that plants an acorn Shelters armies from the sun.

CHOOSING A CARPET.

When choosing a carpet, if economy must be studied, select one with small pattern and of rather a light color. The small pattern cuts to greater advantage, for there is less waste in matching the design as the breadths are sewn together; and when the wool begins to wear the light color will not contrast so painfully against the string foundation as it would if it were many shades darker in tone.

DAILY FASHION TALK TO TIMES READERS



Cost of This Auto Coat in Two Materials

WIDE WALE DIAGONAL.
54-in. wide wale diagonal, a pretty Oxford gray, requires 5 1/2 yards, at \$2 a yard.....\$10.50
Smoked pearl buttons, 1 dozen......38
1/2 yard of gray moire silk, for collar, 2 1/2 in. width, at \$1 a yard......25
Ladies' Home Journal pattern, No. 5493......15
Total.....11.75

CAMELS' HAIR CHEVIOT.
54-in. cheviot, in a two-toned effect, requires 5 1/2 yards, at \$2 a yard.....\$10.50
1/2 of a yard of 1 1/2-in. black velvet for collar, at \$1.50 a yard......75
One dozen gunmetal buttons, at \$1.50......19
Ladies' Home Journal pattern, No. 5493......15
Total.....13.43

Daily Horoscope

"The stars incline, but do not compel."
Monday, September 5, 1910.

Learning and studying land themselves to many an end.

MERCURY today is in an aspect which astrologically signifies "profit and manifold uses for sciences and arts." Knowledge of all kinds will prove of great practical value in the hands of competent men this day. It is a time when all daily problems and tasks should be studied anew, to devise improvements.

The learned professions are under the triple rule of favoring stars. Lawyers should find the time particularly opportune for making peace between enemies and settling cases out of court.

Teachers are under powerful favor and the time indicated as excellent for sending children to school.

Mechanics, iron workers, persons who work with instruments or machines and ingenious and clever persons generally should benefit.

Employees will find the day lucky for undertaking new and difficult work. Those who incline to be fastidious about their dignity or superiority will do well to rule their weaknesses.

In the household the omens are good for all undertakings, and especially for baking.

Women employees who work with mechanical appliances of any kind are under a favoring omen.

Persons with this birth-date are ruled by a sign that is held astrologically to indicate success through perseverance in the face of obstacles.

Children are born under aspects today promising talents for management and a great capacity for enjoyment.

Solution of Loco Puzzle

"SHUT your eyes, open your hands, and hold fast all I give you."

These words, my dear puzzle-lovers, from the old game we all played when we were children, are meant for only three of you today—that is, the three lucky prize winners of this last week's puzzle.

These three sent in very early the nearest, prettiest solutions to the locoed printer's list of houses. And besides being neat and pretty, their answers were wonderful to say, correct.

Other correct answers were received, but many of these were late, and another solution would have tied with one of these for a prize, except that it was lacking in neatness.

Now the first, second and third prizes for the correct solution to the locoed houses will go respectively to:

Mary C. D. Johnson, 240 East North Charles street, Baltimore, Md.
E. M. Frost, 42 The Sterling, Washington.
D. E. Lantz, 1443 Belmont street.

Correct Solution Of Puzzle.

And now, you who were among the doubting Thomases, and who did not believe that even Miss Everett could solve her own puzzle, read here the straightened list of locoed houses:

- 1—Beak House. (Charles Dickens.)
- 2—House of Mirth. (Edith Wharton.)
- 3—No. 5 John Street. (Richard Whiting.)
- 4—House of the Seven Gables. (Nathaniel Hawthorne.)
- 5—Bracebridge Hall. (Washington Irving.)
- 6—House With the Green Shutters. (George Douglas.)
- 7—Inn of the Silver Moon. (H. K. Wells.)
- 8—House of Fulfillment. (George Madden Martin.)
- 9—House in the Mist. (A. K. Green.)
- 10—Villa Claudia. (J. A. Mitchell.)
- 11—House of Rimmon. (Henry Van Dyke.)
- 12—Old Curiosity Shop. (Charles Dickens.)
- 13—House of a Thousand Candles. (Mercedeth Nicholson.)
- 14—House of Mystery. (Will Irwin.)
- 15—Framley Parsonage. (Anthony Trollope.)
- 16—House of the Wolf. (Stanley Weyman.)
- 17—House of the Whispering Pines. (A. K. Green.)
- 18—Rude Grange. (Frank R. Stockton.)
- 19—Conjuror's House. (Stewart Edward White.)
- 20—House Opposite. (Elizabeth Kent.)

Prizes Offered Puzzle Solvers.

Weekly prizes of five, three, and two dollars, respectively, are given to the contestants for the puzzle printed on the Woman's Page of the Sunday evening edition of The Times each week for the three solutions adjudged worthy.

The contest, which closes at 3 p. m. on Friday of each week, is open to all who care to solve the puzzles. The awards are based, primarily, on correctness, timeliness, and neatness. Originality in presentation also receives consideration in awarding the prizes.

Now it's ho! for another merry contest.

Last week I had a letter from a woman who signed herself "Old Reader and Subscriber," and whose soul was longing for a puzzle in the musical line. Little she knew what was in store for her. Only two days before receiving her letter I had decided upon a list of locoed musical instruments, submitted by A. C. Quisenberry, of Hyattsville, Md.

When you have worked over this you will agree with me, I am sure, that the puzzle is equally as clever and interesting as that of last week.

Hard, too? Well, it certainly isn't easy. But call in your nearest musical neighbor, and get her interested, too.

List of Locoed Musical Instruments.

Here is the locoed list which Mr. Quisenberry submits for your confusion and delight. The answer to each jumbled term is a musical instrument:

- | | |
|-----------------------|--------------------------------|
| 1. Sub tack. | 15. No pie or fat. |
| 2. L. F. died. | 16. Hen corn. H. |
| 3. I card coon. | 17. R. F. |
| 4. Set an scat. | 18. Live, ill coon. |
| 5. Eat no corn. | 19. Red mule. T. |
| 6. All feet go. | 20. R. M. T. |
| 7. Ah! rap on. | 21. Doc. I hip |
| 8. Crone, can it. | 22. Ho, os ne |
| 9. On ye phlox. | 23. A tub in |
| 10. Ro nets. | 24. Let man hug |
| 11. J. P., swear. | 25. n buss. |
| 12. H. | 26. What do you think of that? |
| 13. Ey clams. | |
| 14. In pap's ape den. | |
| 15. Ho ran Dan. | |

THANKS FOR AUTO RIDE

SURELY The Times, and every man and woman who contributed to the success of the automobile outing given last week for the aged women of the city, have reaped a rich harvest of happiness from the giving of happiness to so many others.

Bring a day passes that does not bring over the telephone or by letter—some expression of delight and appreciation from one of the women who was a guest on that occasion. For the benefit of the hundreds who were directly or indirectly interested in the outing, we take pleasure in publishing the following:

Mrs. E. E. McC., one of the aged women of the Baptist Home, 3248 N. street northwest, writes:

"Dear Times: 'As I am the eldest lady in the Baptist Home, but still young, being only eighty-seven years of age—I am writing to thank you for the joy you have given us. But there are others who are to be thanked also, the gentlemen who so kindly gave their time and automobiles in order that we might have such a beautiful ride.'

"In behalf of all the other women here, and myself, I want to thank you. To me the ride recalled the days of my childhood, when I roved through field and glen to pick the wild flowers. Now, through the vista of years, I look upon the world as a great garden, where beauties vie with those of the celestial fields, and whose fruits, and we second the motion.

flowers, trees, and shrubs are here to make life beautiful for us.

"Now, do you wonder that I feel my youth renewed to fifty years? Again thanking all who gave us this happiness, and wishing for them a long and useful life, I am, Yours truly,

Mrs. E. E. McC.

Mrs. Mary Alma Jones, matron of the Methodist Home, writes:

"Dear Washington Times: 'I want to thank you for the pleasure you have given the women of our home and myself. I have often thought how much we would enjoy such a ride, and so it has come to us through The Times.'

"I want to thank all who contributed to the joyous occasion. I am sure many prayers have been sent up for you from thankful hearts."

LIFTING CHILDREN.

"I wish," said the woman who has children of her own, "that women would understand the delicate mechanism of a child. How would they like a giant to come along and suddenly drag them from the ground by one arm, as I have seen so many people do to children? When you're lifting a child, life it evenly, by both arms, or from the waist; don't yank it up by a grab at one wrist and then wonder why it cries. It makes me so angry I always want to pull the arm of that inconsiderate woman hard, and see if she wouldn't cry, too. It's a thing that mothers and aunts and sisters ought to learn."

THE TICKLEMOUSE AND His Sleepyland Adventures with Davy and Dorfy BY ROY RUTHERFORD BAILEY

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Bewitched Baseball

THE Business Men's nine shook their heads at Mr. Dover when he brought Davy and Dorfy to the bench, the day of the great Doverville game.

But the twins' father was firm. "I've promised them they should sit beside me on the bench," he said, "and here they stay. They're our mascots, this game—and where should mascots sit if not on the same bench with their nine?" The twins just smiled happily for they knew their father would have his way. And he did.

The Business Men won the toss, and came up first to bat. Davy and Dorfy felt very proud of their father, as if in answer to their shrill cries of "Knock her clear out of sight, daddy!" sent the ball whistling over the head of the Farmers' right fielder for a home run. The twin mascots stamped and cheered, and the captain patted them both and told them they were bringing their nine good luck, and might sit on the players' bench as often as they liked.

In the very same inning, though, the poorest batter in the Farmers' nine brought in a home run and tied the score. The twins got very excited, but somehow forgot to yell and clap their hands, this time.

"Too bad Mr. Ticklemouse isn't here," whispered Dorfy to her brother. "I just know he'd love to see this game!"

"Yes," answered the little boy, "and Willy Wishingmouse, too!"

Neither of them heard the low, bubbling chuckle that came from beneath the bench. And nobody saw the black,



dancing eyes that watched the game every bit as sharply as the twins themselves!

Before the Business Men's nine realized it, the first half of the ninth inning was over—and they were only one run ahead of the Farmers! The twins sat very still now, for they knew that a single lucky hit would tie the score for the Farmers, and two runs would give them the victory.

"Hooryay!" they yelled, a few minutes later, when the Farmers' shortstop failed to make first base on a stubborn little bunt. And "Oh-h-h!" they groaned, when the captain of the Farmers' nine tried a bunt and did get to first. Their faces grew longer and longer as a third Farmer singled and was quickly followed by a two-bagger which brought the captain home, tying the score!

"Stop 'em, somebody!" groaned Mr. Dover, for though the third Farmer was caught out at third base, the fourth batter had made second safely—and the best batter on the Farmers' nine stood over the plate.

Somebody did stop them. Nobody saw little Willy stand on one leg and squirt one eye, but the swift drop curve suddenly shot up just before it reached the bat. One strike! Again—two strikes.

"He can't find the ball!" roared Mr. Dover. "Give him another sizzler!" The pitcher looked puzzled—for he had meant to pitch a drop each time. He pitched a third, which shot upward as strangely as before—strike three! The game was over!

"That ball sure was bewitched!" said the pitcher to the twin mascots, as they walked home together. The twins had begun to suspect, by this time, that Willy had been up to his tricks—and that night he confessed. But the players never knew the secret—they laid it all to their twin mascots!



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